

# Sticky Note Survey

This is a simple activity that serves to combine reflection and measurement by asking participants to rate themselves on a particular skill at the beginning and end of a session.

## Why This Matters

- Visual displays of data help groups identify trends.
- Feedback helps staff know whether they are on track.
- This activity is to be used at the beginning and end of direct SEL instruction to assess effectiveness.

## Getting Started

- Materials: sticky notes (2 colors – pre and post); 4 response cards (8.5 x 11 sheets) that say strongly agree, agree, disagree and strongly disagree; tape; and a few feet of wall space.
- Time: 5 minutes at the beginning and 5 minutes at the end of an activity
- Set up: somewhere in the room, tape the response cards on the wall, evenly spaced in a line over a few feet.

## How To Do It

- 1) Choose a social and emotional skill that you are working on today, like conflict resolution or emotion management.
- 2) Write a goal statement about learning or practicing that skill, as it's unrealistic to expect that youth would change their overall feelings or behavior significantly in one session. It's much more realistic that they might learn some new strategies for resolving conflict with a teammate, for example.
- 3) Be sure your outcome statement can be answered with the response categories strongly agree, agree, disagree and strongly disagree. For example, "I know strategies to control my temper," or "I have skills to resolve conflict with others." Above the response

cards, place the outcome statement (write on board or tape to the wall).

- 4) As young people arrive, invite them to grab a sticky note and respond to the statement by placing their sticky note along the strongly agree to strongly disagree continuum for how they would rate themselves at the moment. They do not need to write their name on the sticky note. Once everyone has placed their sticky note, proceed with your activity.
- 5) At the end of the session, pass out another set of sticky notes (in a different color than the pre-question).
- 6) Tell participants that you are interested in both reflecting on what happened today, and measuring the effectiveness of today's activity.
- 7) Ask them to write down one idea that relates to the outcome statement. For example, depending on the focus of the activity, they might write down one strategy they learned to control their temper, or one thing they plan to work on to be a better teammate. Or, ask them to write down why their sticky note is in the same or different spot than earlier. Then have youth go place their post-sticky notes on the wall below the pre-sticky notes. Allow 5 minutes for this.
- 8) Now you have a dashboard—real time information that you can use. Take a look at the line:
  - What do you notice? Where was there a change from pre to post?
  - Why is this happening?
  - How could we use this information?

## Take It Further

- Consider using the sticky note survey activity at different times throughout your program rather than at the beginning and end of a session.